

DENTURE / PARTIAL APPLIACE POST-OP CARE

What to expect:

* It is normal to experience some discomfort, sore spots and speech problems while getting used to your new dentures.
* *It is common to need to make adjustments following delivery of the denture*.
* To help with speech, read aloud for a few minutes every day.
* The bite may need to be adjusted as the dentures settle.
* Remove the dentures for at least six hours to allow for the gums to rest. Food particles trapped under the denture cause inflammation and sore spots.
* For partial dentures with metal clasps special care should be taken while inserting and removing them. It is extremely important to keep the partials and remaining natural teeth absolutely clean to prevent further gum disease and tooth decay.
* It is important to see the dentist at least once a year to check the dentures and mouth. Any changes will make the denture not fit as well, thus causing trauma to your gums and bone.
* If the denture or partial feels loose, sometimes it can be relined for an improved fit

Caring for your new denture:

* After removing, brush the denture/partial with a denture brush and warm water. After brushing, soak the denture/partial in water to avoid appliance from drying out (avoid hot water).
	+ Avoid using toothpaste which can be abrasive
* Deep Clean: Soaking the denture once a week in an appliance cleaner, Retainer Brite, will keep it clean
1. Using a container, drop one tab into warm water*, avoid hot*
2. Place appliance into bubbling solution (make sure there is enough water to cover the appliance)
3. After 15 minutes\* remove the appliance and rinse thoroughly with running water

\* do NOT let appliance with metal to soak longer than 15 minutes

**Remember to bring your appliance with you to your routine hygiene appointments**